

Spring Term 2024



Kingston Programme
Children's Centre services
serving: Kingston, New Malden,
Old Malden, Chessington,
Surbiton and Tolworth

Further information

Find us online:

Twitter: [@AforC_info](https://twitter.com/AforC_info)

Facebook: <https://www.facebook.com/groups/kingstonchildrenscentres>

Website: www.afcinfo.org.uk

AfC Kingston Town Children's Centre

Email: kingstonccs@achievingforchildren.org.uk

AfC Chessington Children's Centre

Email: kingstonccs@achievingforchildren.org.uk

AfC Tolworth Children's Centre

Email: kingstonccs@achievingforchildren.org.uk

AfC Old Malden Children's Centre

Email: kingstonccs@achievingforchildren.org.uk

Outreach phone numbers: 07784 006661 and 07849 305143

Translation advice

Translation Advice

Please contact us if you need this leaflet in Braille, large print, on audio tape or in another language.

Phone: 020 8891 1411.

Introduction

Welcome to Kingston Children's Centre Services

Our Children's Centres are places where all families with children under five, and expectant mothers and fathers, can go to help their children to get the best start in life.

We are pleased to offer a full programme in our centres for the spring term. Most of our children's centre sessions are drop-in, but please check individual listings for details.

This timetable will cover

2 January to 9 February 2024

Our Aims

- To promote high quality inclusive education and care from birth to five years.
- To provide all-inclusive opportunities for parents and carers to meet and support each other.
- To offer support, advice and information to parents, carers and families, through multi agencies e.g. Health Visitors, Midwives Nurseries, Pre Schools, Schools and Family Support Workers.
- To support and develop parents and carers awareness of how to become a "Play Partner" for their children and how to help their children be ready for school.
- To promote and support parents and carers in healthy lifestyles and preparing their children for school.

Our Objectives

- To provide well planned age appropriate, all-inclusive sessions and activities to extend children's learning through the Early Years Foundation Stage.
- To provide an environment that is friendly, relaxed, supporting and welcoming to all families.
 - To have staff who will lead by example and model good practice.
 - To make information available that is clear for parents

Our sessions

Please join our Facebook Group for further updates and information.

<https://www.facebook.com/groups/kingstonchildrenscentres>

Midwives appointments

By appointment only.

Health Visitors Clinic and Review Appointments

See programme for further information. Drop in clinics now available in all centres. Reviews by appointment only. Initially by invitation only. Please speak to your health visitor or call the number in your red book for further information.

Infant Feeding Support

Advice and support for expectant and feeding Mums. Drop in sessions. Specialist 1-1 advice and support-appointment by health professional referral only. Contact the Infant Feeding Team at InfantFeeding.YH@yourhealthcare.org

Stay & Play Sessions

All of our Stay & Play sessions include a variety of indoor and outdoor activities for you and your child to have fun and learn together. Sessions include toys, activities and singing. We would like to request a voluntary contribution of £2.50 for attendance to help pay for the costs of the session

0 – 18 month Stay & Play & Under Ones Stay & Play

Designed to support new parents. Meet others, share experiences and have lots of age-appropriate play. Social, Sensory and Discovery play. We would like to request a voluntary contribution of £2.50 for attendance to help pay for the costs of the session

Let's Play

Small group play sessions for families who would benefit from additional support.

Small World Explorers

Play session to promote imaginative play through role play and small world play. Suitable for children over 18 months.

Crafty Tales

Understand child development through music and signing in the early years, and in the power of story-telling. Ignite a child's imagination and encourage their creativity. Combining stories with drama, music and games in a fun, rounded, stimulating experience.

Home Start Support & Play

A safe, nurturing and creative session for families to play, explore and experiment. Invitation only.

Intro to Solids

Advice, information and support when your baby is ready to move on from milk alone. Session includes child development. Delivered by Health Visitor and Children's Centre staff. Sessions available online and in person at our Children's Centres.

Healthy Start Vitamins

Show your Healthy Start card or purchase from the Centre. £1.50 for children's vitamins. £1.00 for adult vitamins.

Tolworth

Midwives clinic appointments only

Under 5s Stay & Play
10:00-11:30am

Play session with fun indoor and outdoor activities and singing.

Drop in session, no booking required.

Mum and Baby Pilates

Starts 8 January

2:00-2:45pm

£30 for the 5 week course
Enjoy some gentle exercise together with your baby.

Suitable for all mums and babies aged from 6-8 weeks to pre-crawlers

Booking essential

Call 020 8339 9848 to book.

Chessington

Centre Closed until 8 January

Midwives clinic appointments only

Under 18 Months Stay & Play
10:00-11:30am

Session for families with babies under 12 months.

Drop in session, no booking required.

Junior Jammers

10:00-10:45am

Musical singing session for children aged 0-5 years

£6.00 per child

£10.00 for child and sibling

To book visit

www.juniorjammers.co.uk

Baby Jammers

11:00-11:45am

Musical singing session for children aged 0-18 months

£5.00 per child

To book visit

www.juniorjammers.co.uk

Getting to Know Your Baby.

4 week course

Starts 8 January

1:00-2:30pm

Covers attachment, sleep, emotional wellbeing, play & baby massage.

Contact your Health Visitor for further information.

Playdough Masterclass

1:00-2:00pm

22 January

Come and make your own dough to play with and take home at the end of the session.

Recommended age 18 months and over. Suggested donation £2.50 per family.

Booking essential

Call 020 8397 2006 option 5 to book.

Booking opens 15 January

Old Malden

Midwives clinic appointments only

Infant Feeding Support Drop In

9:30-11:30am

Advice and support for feeding and expectant Mums.

Drop in session, no need to book.

Health Visitors Well Baby Clinic Drop In

9:30-11:00am

Please bring your Red Book.

Under 18 Months Stay & Play

9:30-11:00am

Session for families with babies under 18 months.

Drop in session, no booking required.

Sling Clinic

1:00-2:30pm

15 January

Please follow the link to book:

[To book](#)

For enquiries contact sheenslings@gmail.com

Let's Nurture

1:30-2:45pm

Small group play session for children under the age of 5 who need a calm environment.

Invitation only

If you have concerns about your child's social and communication development, please call the team on

020 8241 0837

Monday Mums

1:00-3:00pm

Starts 22 January

for 5 weeks.

An emotional health and wellbeing group for new mums.

Contact your Health Visitor for further information.

Kingston Town

Midwives clinic appointments only

Sling Clinic

12:00-2:00pm

8 January

5 February

Please follow the link to book:

[To book](#)

For enquiries contact

sheenslings@gmail.com

Family Learning ESOL

A course for learners with English as a second language
09:30-11:30am

www.kingston.gov.uk/adulteducation

You will be invited to meet with the tutor to see if this course is right for you before starting.

Virtual

Online Intro to Solids including play and development

1:00-1:45pm

8 January

5 February

[To book](#)

Family Information Service Childcare Options Workshop

12:00-1:00pm

8 January

Online session providing advice, support and information on:

Childcare options

How to find suitable childcare

Free early education funding for 2, 3 and 4 year olds

30 hours free childcare for 3 and 4 year olds

Tax free childcare

[To book](#)

Outreach

Rhymetime

New Malden Library New Malden, KT3 3LY

10:15-11:00am

Join us for stories, songs and rhymes for under 5s.

Come along, have fun and make new friends.

Drop in session, no booking required.

For further information please call Siobhan Meacher, Children's Centre Outreach Worker on 07784 006661

Tolworth

Midwives clinic appointments only

Let's Play

10:00–11.30am

Starts 9 January

Small group play sessions for families.

Invitation only

Health Visitors

Child Health Reviews

1st and 3rd Tuesday of the month

1:00-4:00pm

Appointments Only

Appointments available with the Health Visiting Team. Please bring your Red Book.

BCG Clinic

2nd and 4th Tuesday of the month

Appointments Only

Chessington

Centre Closed until 8 January

Perinatal Mental Health

appointments only

Infant Feeding Support

Drop In

1:00-3:00pm

Advice and support for feeding and expectant Mums.

Drop in session, no need to book.

Health Visitors

Well Baby Clinic

Drop In

1:00-3:00pm

Please bring your Red Book

Old Malden

Midwives clinic appointments only

0-5 Stay and Play

Starts 9 January

Session 1

9:15-10:30am

&

Session 2

11:00-12:15pm

Play session with fun indoor and outdoor activities and singing.

Drop in sessions, no booking required.

Families are asked to come for one session only. Places offered on a first come, first served basis.

Kingston Town

Midwives clinic appointments only

Health Visitors

Well Baby Clinic

Drop In

9:30-11:30am

Please bring your Red Book

Let's Play

9:00–10:30pm

Starts 9 January

Small group play sessions for families.

Invitation only

Home Start Play Session

11:00am–12:30pm

Starts 9 January

A safe, nurturing and creative environment for families to play, explore and gain support.

Invitation only

Speak to Children's Centre Staff or call 020 8487 8500

Health Visitors

10-12 Month Health Reviews

1:00-3:30pm

Appointments Only

Outreach

Stay & Play

9:30-10:40am

Starts 16 January

King's Oak Primary School,

Dickerage Lane,

New Malden, KT3 3RZ.

Play session for children under 5 and their parents or carers.

Open to all families; those who attend the school or live locally.

Drop in session, no booking required.

Starts 9 January

Rhymetime

for 0-5 years

Surbiton Library, Ewell Road, Surbiton, KT6 6AG

10:00-10:30am

Stories, songs and rhymes to share with your little ones.

To book call Surbiton Library on 020 8547 5006 or email surbiton.library@kingston.gov.uk
Bookings taken from the Thursday prior to each session.

Rhyme & Play

for Under 1s

Surbiton Library, Ewell Road, Surbiton, KT6 6AG

11:00-12:00pm

Join us for stories, songs and rhymes to share with your little ones followed by some time to play.

Come along, have fun and make new friends.

[To book visit Eventbrite via this link](#)

For further information please call Siobhan Meacher, Children's Centre Lead Outreach Worker on 07784 006661

Rhymetime

Tudor Drive Library

Kingston, KT2 5QH

2:00-2:30pm

Join us for stories, songs and rhymes for under 5s.

Drop in session, no booking required.

For further information please call Siobhan Meacher, Children's Centre Lead Outreach Worker on 07784 006661

Outreach

Spring Term: 2 January to 9 February 2024

WEDNESDAYS

Tolworth

Midwives clinic
appointments only

Let's Play

10:00–11:30am
Starts 10 January
Small group play sessions for families.

Invitation only

Little Stars

5 week course
Starts 10 January
10:00-11:00am

Booking essential

Expression of interest form:
<https://forms.gle/edUzGjDq4tZ>
[HQGNFA](#)

Call Siobhan 07784 006661 for info.

Health Visitor Well Baby Clinic

Drop In

1:30-3:00pm
No appointment required.
Please bring your Red Book

Baby Massage

5 week course promoting bonding, attachment, muscle and brain development.
£25 per course
To request a place on our next available course please complete the booking form.

[To book](#)

Chessington

Centre Closed until 8 January

Midwives clinic
appointments only

Under 5s Stay and Play

9:30-11:15am
Starts 10 January
Play session with fun indoor and outdoor activities and singing.

Drop in session, no booking required.

Health Visitors

Child Health Reviews
1:00-4:00pm

Appointments Only

Baby Massage

5 week course promoting bonding, attachment, muscle and brain development.
£25 per course
To request a place on our next available course please complete the booking form.

[To book](#)

Old Malden

Midwives clinic
appointments only

Health Visitors

Well Baby Clinic
9:00–12:00pm

Appointments Only

Call 020 8949 9974/8505 to book
Please bring your Red Book

Baby Massage

5 week course promoting bonding, attachment, muscle and brain development.
£25 per course
To request a place on our next available course please complete the booking form.

[To book](#)

0-5 Stay and Play

3 January only
10:00-11:30am

Play session with fun indoor and outdoor activities and singing.

Drop in sessions, no booking required.

Under 18 Months Stay & Play

10:30-11:45am

Starts 10 January

No session 24 January

Session for families with babies under 18 months.

Drop in session, no booking required.

Playball Kids

Children aged 2 to 3 years

1:00-1:30pm

Children aged 3 to 4 years

1:40-2:10pm

10 January to 7 February

Fun and structured sessions encouraging sport and movement. Develop a wide range of skills; sport, listening, team work and independence.

Suggested donation £5 per session.

Please call the Centre on

020 8241 0837 to book.

Kingston Town

Midwives clinic
appointments only

Infant Feeding Support

9:00am-12:00pm
Specialist 1-1 advice and support- appointment by health professional referral only. 020 8274 7709.
1:00-2:30pm

Advice and support for feeding and expectant Mums. Drop in session.

Health Visitors

Child Health Reviews

9:30-12:30pm

Appointments Only

Please bring your Red Book
Call 0208 549 3672 to book

Crafty Tales

for Under 1s
11:30-12:00pm

&

for 1-2 years
12:30-1:00pm

Suggested donation

£4.50 per session

Booking essential

Call 020 8481 0640

Please call no sooner than 2 working days prior to the session

Getting to Know Your Baby

4 week course

Starts 24 January

2:00-3:30pm

Contact your Health Visitor for further information.

Virtual

Facebook

Please join our Facebook page for information and updates on any new upcoming courses or events.

[Kingston Children's Centre](#)
[Facebook Page](#)

Outreach

Advice and Information Session

with Children's Centre Lead
Outreach Worker

10:00-2:00pm

Growbaby @ The Hub

38 Surbiton Road

Kingston, KT1 2JR

For further information please call Sophie Hodges,

Children's Centre Lead

Outreach Worker on 07849

305143

Tolworth

Midwives clinic
appointments only

Perinatal Mental Health
Appointments only

Under 5 Stay and Play
10:00-11:30am

Starts 11 January
Play session with fun indoor and outdoor activities and singing.

Drop in session, no booking required.

Post Natal Support Group.

4 week course
Starts 11 January
10:00-11:30am
Covers attachment, sleep, emotional wellbeing, play & baby massage.
Contact your Health Visitor for further information.

Chessington

Centre Closed until 8 January

Positive Parenting Course
10:00-12:00pm

6 week parenting course.
Crèche places available.
Please complete the expression of interest form via this link:

[To book](#)

Old Malden

Midwives clinic
appointments only

Kingston Town

Midwives clinic
appointments only

Health Visitors
27 Month Reviews
9:30-12:00pm

Appointments Only
Please bring your Red Book
Call 0208 549 3672 to book

Under 18 Months Stay & Play
10:00-11:30am
Starts 11 January
Session for families with babies under 18 months

Drop in session, no booking required.

Outreach

Baby Massage
5 week course promoting bonding, attachment, muscle and brain development.
£25 per course.

To request a place on our next available course please complete the booking form.

[To book](#)

Parenting
To express an interest in our Parenting courses please complete the online form:

[To book](#)

1-1 Children's Centre Sessions
Limited bookable sessions available to discuss particular issues with a member of the Children's Centres team.
Contact your local Centre for more information.

Online Registration Form
If you have not attended a Kingston Children's Centre in the past or you have a new addition to your family please complete our online registration form
[Online registration form](#)

Outreach

Advice and Information
with
Children's Centre Lead
Outreach Worker
10.00-11.30am
Term Time Only
Tolworth Recreation Centre.
A Children's Centre Outreach Worker will be present at the KidsROC Stay & Play session for families needing advice, information and guidance.
For more information call Sophie on 07849 305 143.

Tolworth

Midwives clinic
appointments only

Perinatal Mental Health
Appointments only

Infant Feeding Support
Drop In

9.30-12:00pm

Advice and support for feeding and expectant Mums. Drop in session, no need to book.

Junior Jammers

10:00-10:45am

Musical singing session for children aged 0-5 years

£6.00 per child

£10.00 for child and sibling

To book visit

www.juniorjammers.co.uk

Baby Jammers

11:00-11:45am

Musical singing session for children aged 0-18 months

£5.00 per child

To book visit

www.juniorjammers.co.uk

Under 18 Months Stay & Play

1:15-2:45pm

Starts 12 January

Session for families with babies under 18 months.

Drop in session, no booking required.

Intro to Solids

1:00-2:00pm

19 January

In person advice and info session. Babies welcome to attend with parents.

Bookings must be made in advance via this link:

[To book](#)

Chessington

Centre Closed until 8 January

Midwives clinic
appointments only

Mummy & Me Ballet

9:45—10.30am

Explore music and dance, fun props and games.

Age 16 months – 2 ½ years

£7.00 per child.

Contact Emma@eha.co.uk for further information and to book your place.

Small World Explorers

10:00-11:15am

Play session to promote imaginative play through role play and small world play. Suitable for children 0-5 years.

Drop in session, no booking required.

Crafty Tales

for under 1 year olds

11:30-12:00pm

Suggested donation

£4.50 per session

Booking essential

Call 020 8397 2006 option 5 to book.

Please call no sooner than 2 working days prior to the session

Little Stars

5 week course

Starts 12 January

1:00-2:00pm

Booking essential

Expression of interest form:

<https://forms.gle/edUzGjDq4tZHQGNFA>

Call Sophie on 07849 305143 for info.

RHACC ESOL Course

1.00-3.00pm

Free to those unemployed or on a low income.

Crèche available.

To register interest contact

Helen Peacock

helen.peacock@castlehill.rbsch.org

Old Malden

Midwives clinic
appointments only

Kingston Town

Midwives clinic
appointments only

Under 5s Stay and Play

10:00-11.30am

Starts 5 January

Play session with fun indoor and outdoor activities and singing.

Drop in session, no booking required.

Virtual

Facebook

Please join our Facebook page for information and updates on any new upcoming courses or events.

[Kingston Children's Centre Facebook Page](#)

Outreach

Under 5s Stay & Play

10:00-11:30am

Starts 12 January

Dickerage Youth &

Community Centre,

Dickerage Road,

New Malden, KT3 3EQ

Play session for children under 5 and their parents or carers.

Drop in session, no booking required. Term Time Only.

Useful numbers

Single Point of Access

020 8547 5008

Families Information Service

020 8547 5215

Relate

020 8940 8578

Victim Support

0845 450 3936

National DV 24hr Helpline

0808 2000 247

Homestart

020 8487 8500

Kingston Hospital Antenatal Clinic

020 8934 2290

NHS 111 (previously NHS Direct)

111

National Breastfeeding Helpline

0300 100 0212

Citizens Advice Bureau Kingston

020 3166 0953

Mon, Tues, Thurs, Fri 10-3.30pm

Where are we?

Tolworth Children's Centre

School Lane, Tolworth, KT6 7QJ

Telephone: 020 8339 9848

Growbaby

The Hub, 38 Surbiton Road,

Kingston, KT1 2JR

Chessington Children's Centre

Buckland Road, Chessington, KT9 1JE

Telephone: 020 8397 2006

Surbiton Library

Ewell Road, Surbiton, KT6 6AG

Kingston Town Children's Centre

Villiers Road, Kingston, KT1 3AR

Telephone: 020 8481 0640

Tudor Drive Library

192 Tudor Drive,

Kingston, KT2 5QH

Old Malden Children's Centre

Sheephouse Way (entrance on

Lawrence Avenue)

New Malden, KT3 5NB

Telephone: 020 8241 0837

New Malden Library

Kingston Road,

New Malden, KT3 3LY

Dickerage Youth & Community Centre

Dickerage Road, New Malden,

KT3 3EQ

King's Oak Primary School,

Dickerage Lane, New Malden,

KT3 3RZ

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